

MHDS COMMISSION
January 20, 2022
9:30 am to 12:00 pm
Zoom – Approved 2/17/2022

MHDS COMMISSION MEMBERS PRESENT:

Betsy Akin	June Klein-Bacon
Sarah Berndt	Timothy Perkins
Diane Brecht	Jeff Sorensen
Rep. Dennis Bush	Maria Sorensen
Teresa Daubitz	Cory Turner
Sen. Sarah Trone Garriott	Richard Whitaker
Janee Harvey	Russell Wood
Don Kass	Lorrie Young

MHDS COMMISSION MEMBERS ABSENT:

Rep. Lindsay James	Shari O'Bannon
Sen. Jeff Edler	

OTHER ATTENDEES:

Andrew Allen	Brooke Lovelace
Theresa Armstrong	Susan Martin
Emily Berry	Carrie Merrick
A Briggs	Jack Mescher
David Boim	Jim Pender
Amber Christianson	Mary Petersen
Laurie Cooley	Libby Reekers
Katie Cownie	Okpara Rice
Liz Cox	Flora Schmidt
Marcy Davis	Michelle Schmitt
Wendy DePhillips	Kim Scorza
Andrea Dickerson	Susan Seehase
Brenda Easter	Sanela Sinanovic
Marissa Eyanson	Cynthia Steidel Bishop
Maggie Ferguson	Gano Whetstone
Kim Keleher	Charlie Woodcock
Todd Lange	Mary Young
Laura Larkin	

Materials Referenced:

December 2, 2021, MHDS Commission Meeting Minutes
21-038 Updated MHDS Incentive Fund Adopted and Filed Rule Pkt
22-008 CMHCs Chapter 24 Noticed Rules for Commission Pkt
Iowa State Plan on Brain Injuries 2021-2026
Pediatric Brain Injury Screening Tool & Instructions Form
Neuro Resource Workflow Plan
Children's Behavioral Health Half-Pager
Substance Use Disorder Half Pager

Welcome and Introductions

Russell Wood called the meeting to order at 9:34 a.m. and led introductions. Quorum was established with fourteen voting members attending virtually.

Review and Vote on Approval of December 2, 2021, Meeting Minutes

Tim Perkins made a motion to approve the December 2, 2021, meeting minutes. Diane Brecht seconded the motion. The motion passed unanimously.

Consider Approval of Administrative Rules Regarding IAC 441, Chapter 25, “Disability Services Management” – Incentive Rules

Russell Wood allowed for five to six minutes of public comment preceding the presentation on the rules packet for Chapter 25 regarding the mental health and disability services (MHDS) regional incentive fund rules. There was no public comment.

Theresa Armstrong presented and summarized the rule package on IAC 441, Chapter 25 related to the MHDS regional incentive fund rules, indicating that there was no public comment on the rules, so no changes had been made. Theresa requested approval of these rules. Sarah Berndt motioned to approve the rules. Lorrie Young seconded the motion. There was no discussion. The motion passed unanimously.

Consider Approval for Notice of Administrative Rules Regarding IAC 441, Chapter 24, “Accreditation of Providers of Services to Persons with Mental Illness, Intellectual Disabilities or Developmental Disabilities” – Community Mental Health Centers

Russell Wood allowed for five to six minutes of public comment preceding the presentation on the rules packet for Chapter 245 regarding the community mental health centers (CMHCs). Andrew Allen provided public comment indicating that he had two questions that he hoped were addressed in the review of the rules. The first being the path for organizations that are not currently considered a CMHC to be considered, and the second being the exceptional circumstances when two entities in a catchment area, specifically specialty providers that work with adolescents, would be allowed to be a CMHC.

Theresa Armstrong presented and summarized the rule package on IAC 441, Chapter 24 related to community mental health centers. Theresa indicated that the rules were to implement Iowa Code 230A, and that the Department had worked with both the MHDS Commission Rules Committee and a stakeholder group in developing the rules. Theresa requested approval to notice these rules. Rich Whitaker motioned to approve the rules for notice. Betsy Akin seconded the motion. There was no discussion. The motion passed unanimously.

Update on Children’s System State Board

Rich Whitaker reported that the Children’s Behavioral Health System State Board met on January 11, 2022. Rich reviewed the highlights of the meeting.

- Brad Neibling, Department of Education, reviewed recent grant funding for school-based health, including mental health. He also provided information regarding SF532, professional recognition of behavioral health specialists in schools, as well as the behavioral health screener approval list, which focuses on how to approve organizations to do behavioral

health screenings in schools, and how community providers are to be selected based on the approved list being developed. Brad also indicated that there was an upcoming webinar on social, emotional, and behavioral health to accelerate learning in these areas, and how the DE is working statewide to broaden the curriculum to include social, emotional, and behavioral health.

- Theresa Armstrong, Department of Human Services, provided updates including an update regarding the rules for CMHCs. Janee Harvey provided Director updates regarding legislative priorities for child welfare as well as an overview of Family First including the specifics of that legislation and how Iowa is responding.
- The Board also worked on strategic or “roadmap” planning with Shelly Horak, DHS. Discussed strategy which included specific outcomes, sub-outcomes, and action steps.
- Presentations from Sesame Streets and Communities, the Iowa Alliance for Health Kids, Metric Subcommittee updates, public discussion on recommendations, and planning for future meetings.
- Discussion regarding specific metric being used by the subcommittee that of how many dollars the MHDS Regions are expending for children’s services. It was noted that the primary funding for children’s services is Medicaid, and that it might be better to look at a different metric when looking at investments from regions. There was discussion regarding how schools are made aware of upcoming webinars and websites that might be available for them to utilize. Rich provided the websites shared at Children’s Board meeting with the MHDS Commission. <https://educateiowa.gov/pk-12/learner-supports/request-approval-rfap-social-emotional-behavioral-health-universal-screening>. <https://educateiowa.gov/pk-12/future-ready-pk-12#:~:text=Webinar%20Recordings%20and%20Materials>.

Update From the Advisory Council on Brain Injury

Maggie Ferguson, Iowa Department of Public Health (IDPH) introduced herself and her colleagues Jim Pender, IDPH, and Brenda Easter, Advisory Council on Brain Injuries. Maggie reviewed the state program for brain injury, current statistics, as well as her role. Maggie shared information about the Brain Injury Alliance of Iowa, noting that she provided administrative support to the Governor appointed Advisory Council on Brain Injuries as well as participated in various state and national groups.

Brenda Easter, Chair, Advisory Council on Brain Injuries, provided her personal story and then reviewed the Advisory Council’s State Plan for 2022-2026. Brenda indicated that stakeholder input (individual and provider) was extremely important in the development of the plan. The plan consists of four major areas with actionable items and goals.

Jim Pender, Grant Manager, IDPH provided information on the current traumatic brain injury (TBI) grant which runs August 2021 to August 2026. One of the primary goals of the current grant is to increase collaboration and coordination across state systems. Jim shared current state statistics on brain injuries in Iowa, including 90,000 Iowans live with long-term disability due to a brain injury and 63% of children with a new TBI have developed a new mental health diagnosis. Jim reviewed screening tools that can be found on the IDPH website and noted that fillable format versions of these forms will be available on the Your Life Iowa website. Jim reviewed a recent pilot project with Des Moines, Lee, and Clinton Counties to implement the screening tool. The project will screen

select individuals in child welfare. It is believed that many of these individuals are undiagnosed. Participation in the project is completely voluntary.

MHDS Update

HHS Alignment

Theresa Armstrong indicated that the HHS Alignment website has been updated with the stakeholder feedback from the change package. A functional organization chart is also being developed and will be shared. This organization chart will emphasize areas of focus (work done) and will not contain specific staff. There was discussion regarding whether the mission or charge of the MHDS Commission will change with the realignment.

Department of Justice (DOJ) Community Integration

The second report from the DOJ was issued in December. This report was related to ADA compliance, choice of community living and working. The report findings indicate that Iowa has a heavy reliance on facility-based services for individuals with intellectual and developmental disabilities. This includes both state and private organizations, which include Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/ID), nursing facilities, in addition to Mental Health Institutes (MHIs) and State Resource Centers (SRCs). DHS has had their first meeting with DOJ. There will likely be two Consent Decrees issued with one being specific to the SRCs and the second focused on the community side. It will likely be 12-18 months before the second report is issued. DHS is actively working on addressing the findings of the report including community integration plans as well as the MHDS Regions working on intensive residential services.

COVID Recovery Iowa

The mental health crisis grant has received an extension until March 14, 2022. The dollars are from the Federal Emergency Management Agency (FEMA) but are monitored by the Substance Abuse and Mental Health Services Administration (SAMHSA). Since May 2021 there have been almost 870,000 total contacts. These contacts are not unduplicated, and contacts include individual short-term counseling sessions, group education and counseling sessions, hotline calls, emails, texts, etc. 44% of individuals are reporting feeling isolated and withdrawn from their community and families, approximately 40% report feeling anxious and fearful, 30% have difficulty concentrating, 30% report fatigue and exhaustion.

988 State Implementation Plan

988 becomes the number for the National Suicide Lifeline and goes live in July 2022. Iowa currently has two organizations providing lifeline support. These organizations are Foundation 2 and CommUnity. Iowa is submitting their implementation plan on January 21, 2022. The plan will include how the state will build capacity, identify stable and adequate funding, and what areas of the current system need to be built up to provide adequate services.

Currently the state is applying for an additional SAMHSA grant (SAMHSA Cooperative Agreement) for building capacity for 988. There is an application process, but SAMHSA has already informed states what they will be awarded. Iowa will receive \$932,000 to assist in implementing the plan. Most of the dollars from this grant will go to the two centers providing hotline services to assist with staffing and building capacity. Some of the dollars will be used for an evaluator to collect specific data from the lifeline centers on the work being done.

Another grant awarded to Iowa is from the National Association of State Mental Health Program Directors (NASMHPD). These are dollars that NASMHPD gets from SAMHSA for a Transformation Transfer Initiative (TTI). Iowa will receive \$250,000. These dollars are specifically related to 988 training initiatives and include training curriculum for kids and LGBTQ+ crisis providers. There will also be a survey and assessment of the state's crisis response system to include all levels (who responds, what training is available, what is happening and identifying gaps.)

There was discussion regarding mobile crisis dispatch through Foundation 2 and if MHDS Regions will still be responsible for funding.

Substance Abuse and Mental Health Services Administration (SAMHSA) Funding

Additional SAMHSA funding processed through the Mental Health Block Grant which include \$6.5M for COVID Cares Act and \$11.2M for the American Rescue Plan Act (ARPA). COVID dollars need to be spent by March 2023 and 2025 for ARPA dollars. Focus was on projects that could be funded by both grants. This would allow DHS to use the funds wisely, matching up to other projects as possible and avoiding duplication. Some of these projects include:

- A request for proposal (RFP) was issued for peer operated organizations and the recipients were announced this week. The awardees include Freedom Pointe of Webster County, NAMI of Johnson County, LifeConnections Peer Recovery Services, and Iowa Peer Network. Freedom Pointe and NAMI of Johnson County plan to use the dollars for their wellness centers and peer support services. LifeConnections Peer Recovery Services plans to use the dollars for their peer-operated respite program. Finally, the Iowa Peer Network, is a newly established peer-operated organization, located in Iowa City, but are a statewide peer support network, and will provide support to peer support specialists.
- Two new Systems of Care programs have been awarded contracts. These include Orchard Place, which is expanding to include Dallas and Madison Counties, and Ellipsis which will cover several counties in the central part of the state.
- An RFP for a Center of Excellence has been issued. This center will be a source of expertise on evidence-based practices. The RFP is currently posted on the Iowa Bid Opportunities website (www.bidopportunities.iowa.gov). DHS hopes to announce the award next week.
- Looking at what the state needs to do to support Certified Community Behavioral Health Clinics (CCBHCs). Currently working with HMA, a consultant who is also working with Iowa Medicaid Enterprise (IME). HMA has expertise related to CCBHC.
- In conversations with the Iowa Department of Public Health (IDPH) on expanding their online platform for training, Relias, to include Community Mental Health Centers and other community mental health providers.
- Study of gaps in the delivery system related to mental health. IME is using ARPA dollars to put out an RFP for a large level behavioral health study of the state system including other state and local agencies (Department on Aging, IDPH, DHS, MHDS Regions, CMHCs, HCBS providers, etc.) The award was given to Mathematica. MHDS plans to use MHBG ARPA funds for next steps from this study.
- Additional funds (\$385,000) were received specific to COVID relief (onsite testing, PPE, sanitize facilities, etc.). These dollars were given to CMHCs for covid mitigation efforts.

MHDS Regions

Performance based contracts are in place starting January 1, 2022. DHS staff will be participating in regional EBP and data analytic workgroups as part of these contracts. MHDS Regions Annual Reports were submitted December 1, 2021. DHS staff is still analyzing and hope to post these reports to the website in the next few weeks. Report data will be available in the next 4-6 weeks.

Planning for Future Meetings

There was discussion regarding returning to in-person/hybrid meetings. Planning to remain virtual through March 2022 and look at possibly starting to meet in person in April, noting that this will depend on an increase in COVID cases, mask mandates, etc. The agenda for the February meeting was reviewed. There was discussion regarding having someone present information on the work being done in the MHDS Regions evidence-based practice (EBP) and data analytics groups. This could be a good presentation for March. There was also discussion regarding legislative updates. Current that has been introduced include expanding capacity at the MHIs, a residency bill, brain injury expansion, tiered psychiatric reimbursement, reaction to inpatient bed tracking report, and change to autism definition to match what is in the Diagnostic Statistical Manual (DSM). Theresa indicated that DHS does not anticipate changes to the MHDS Autism Support Program and that she would start including legislative updates with her regular MHDS updates. There was also discussion regarding the significance and importance of planning for the role out of 988. There are significant concerns across the country about the role out of 988 and the potential increase in calls.

Public Comment

Todd Lange commented that Amerigroup is sponsoring a free training called Skills Systems throughout the course of this year. The training focuses on emotional regulation and helping individuals navigate relationships, achieve goals, and find their place in their communities. The training can be used by providers for individuals with intellectual disabilities and mental health and substance use recovery. There will be a webinar on January 26, 2022, from 12:00 p.m. to 1:00 p.m. on Skills Systems to provide an overview of the training, its components and how it can be used by providers to help give additional tools they can use to assist individuals that they serve. This is a free online training.

Brooke Lovelace, Iowa Developmental Disabilities (DD) Council, commented that the DD Council released their legislative agenda last week and had an open house with legislators. The agenda, which is similar to the recommendations from the MHDS Commission, and recording are available on the DD Council website. Brooke also encouraged members to sign up for infoNet, a policy publication using plain language that keeps people up to date on what is happening with legislators.

Adjourn

Betsy Akin motioned to adjourn the meeting and was seconded by Rich Whitaker. The meeting was adjourned at 11:11 a.m.

Minutes respectfully submitted by Wendy DePhillips.